



MOVING ON!

FOUR STEPS IN HOW TO GAIN
A POSITIVE OUTLOOK AFTER
STROKE

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Stroke Will Affect Your Attitude

Everyone has certain losses after having a stroke.

The affect it has on you can be very overwhelming and even detrimental to your own personal growth. This can lead to upsetting other people that you care about, or working partners, which will then lead to not getting on with your life, both professionally and personally. At this point, you can find yourself experiencing some of the pains associated with this attitude, which can lead you down the path of depression.

Some of us are not aware of the losses, or we don't really care, but this can affect our personal attitude.

This isn't meant to scare you! It is meant to be an honest look at the **REALNESS** coming from someone who experienced this exact situation.

I too had a stroke.



At first, I was very upset (*Pissed Off* was more like it). I had helped our company grow into what it was. I had worked very hard, for many years, toward growing our company into a successful entity in which I would see the benefits when I retired. Then, through no fault of my own, I was in a position where I couldn't help the company move forward (Not knowing it would be for a short period of time), and I was voted out as a partner.

This is when I came to grips with the reality that this had happened and there was nothing I could do to change it...I had a choice at this point in my life, and I decided it was time to "Move On".

Once I made the decision to quit looking for reasons to blame others', and to get busy helping other people who had a similar event, things started looking up. I had to change my own attitude, believe that I could help others, and could make a difference for them and, of course, myself.

Being honest about your own attitude and deciding to make a better life for yourself is where it all starts. It may be difficult to do...SO WHAT!

Life is challenging for everyone at some point.

It is easy to focus toward your own losses, of which were not small. People focus on their own wins, losses, and events in their lives.

It can be medically related, or it can be an accident of some sort, or any number of things that can happen in a life time.

The thing to remember here is that you are not the only one that has been given a challenge in life. All people have certain events that hands them trials.

Knowing this helped me to get over the "Woe Is Me" syndrome, and get on with life.

It will take time and effort

Moving on after a stroke isn't easy. It is even hard to understand at first...but it will take time, consistency, determination, and a lot of effort on your part.

We tend to get focused on the losses and quit thinking about the goals that we have.

As your thoughts go, you can't help but follow.



Family and Friends

After having a stroke and a little bit of time to catch up, it may seem like your family and friends do not fully understand the situation. They can react differently, which is due to their own inability to understand, and their uncertainty of what you went through.

I've got news for you...THEY DON'T UNDERSTAND! But it doesn't mean that they don't still love you and want what's best for you.

How could they understand such an event?

You are no different...there are many things that happen to others in which you and I don't understand. We never really will. Does that mean that we want to go through it too? NO. Of course not. So, give them some leniency.

Social Life

It can be a bit scary going out into the community after having a stroke. You may feel as if everyone is looking at you and evaluating you based on what they see you doing and saying (or not doing and saying).

This can be one of the hardest things to get over after having a stroke. Again, you must get to the point where you know that they have their own things to worry about, and it isn't you. You may feel as if they are focused on you at that moment, and maybe they are. But, if you were to ask them later what they saw or thought, they wouldn't know because they are thinking of themselves. You have got to get to where you know that people have their own worries and they are not fixated on you.

Work Life

Undoubtedly, your professional life changed as well. Most of the people I have talked with had to put their work life on hold for a little while, whether you are the owner of a company, or you work for someone else.

This can be a very scary event for you. You are unsure of whether or not you will be able to do the job that you were doing before. Let's face it. We put a lot of value in our jobs and work-ability. But this does not define you!

<https://www.stroke.org.uk/what-stroke/life-after-stroke/getting-back-work>

So, what specifically can you do that will enhance your opportunity to "Move On" each day?

Here is a daily 4-step process that will make a huge difference in your ability to move on after Stroke.



1. Set Your Goals

We all have goals, whether they are just internal or are external (written goals) in some form. These are critical to moving on! Spending some calculated, real time on this is a critical step toward reaching your personal goals. Put it on your calendar to remember and then DO IT!

Personally, I spend a couple of days each quarter going through this process. I find that doing it once a year is too infrequent in really making good progress. Again...Put it on your calendar and work on it.

2. Put Affirmations In Place

Praying and/or Meditating can be considered a similar experience, and depending on your own belief system may be the only thing you currently know and do. However, having written and recorded affirmations will make a huge difference in the long term.

I have developed my own affirmations along with some music in the background. First, I made a list of about 50 short sentences. An example would be "I enjoy helping others learn and attain their dreams and goals so that they are growing personally. My business is growing each month as I help more and more people". I used my iPhone, recording in "Voice Memos", while playing a song in the background. This allows me to listen to it from my phone, using ear buds of some kind, so it is private to me. You can use a program like "I AM" or "Sublimator" as well.

3. Set Your Schedule Each Day (Take Action)

Do you currently use a planner of some kind? Do you have an email that has a calendar with it?

Put in your daily action goal for each day. BUT, do not put in a whole month's worth or more. Do not overdue it as this will get you frustrated and you will not continue to do it. If you put it in a week at a time you may not review it daily. Within your daily action goal write "Set Your Schedule" for the next day, then it will form a habit for you. Once your habit is formed, it is easier to move to weekly.

Measuring what you have decided to do with your life, and making yourself accountable is no mistake. It's funny! Being accountable to a boss or to your business is easy...but being accountable to yourself is hard work! I don't know why it is, but when it comes to doing for ourselves, we can't seem to get it done. We must put action into this each day.

4. Journal

Writing down your thoughts in a journal may seem like something that only a few people do. But, if you research it, more and more people are doing it.

Here are a few benefits that writing in a journal will do for you;

- Clears your thoughts
- Allows you to bring attention to what makes you happy
- Gets you in touch with who you really are
- Helps gain resolution to what you are frustrated with

It doesn't take long. I spend anywhere from five to twenty minutes a day, depending on what I am thinking about, first thing in the morning to journal. I personally don't do it every day, but I average about five days per week. I let the pen and/or pencil run and try not to judge myself. It's interesting going back and reading what was said in the past. It's like having a personal therapist!



By being proactive and moving forward each day, you will begin to see the positive results form.

It may take a little while, and you may not even notice it right away, but it will happen!

It is my Desire and Belief that you will continue to “Move On” in your own life if you have made the decision to do so.

Find your personal **Strength after Stroke!**

For more information or to chat about how to continue on your personal journey, please contact me @ Keith@StrengthAfterStroke.com